



THAI SWEET CHILLI CHICKEN

with Udon Noodle Veggie Stir-Fry



Make a speedy stir fry



Chicken Breast



Garlic



Carrot



Red Capsicum



Udon Noodles



Lime



Zucchini



Sweet Chilli Sauce

Pantry Staples: Olive Oil, Soy Sauce



Hands-on: **20 mins**
Ready in: **25 mins**



Eat me early

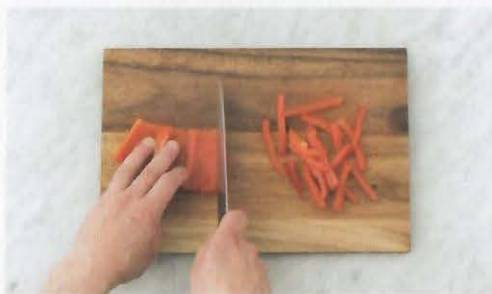


Low calorie

The humble stir-fry is getting an upgrade and you will be pleased to know that it's still as simple and quick as ever. The key here is to slice the veggies as suggested so they become deliciously caramelised whilst keeping their crunch. We reckon your tastebuds are going to be tantalised with this perfect stir-fry combo of sweet, salty and just a touch of chilli from sweet chilli sauce.

BEFORE YOU — START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, large saucepan, lemon zester, garlic crusher, colander, large wok or frying pan, wooden spoon** and **small bowl**.



1 GET PREPPED

Bring a large saucepan of water to the boil. Slice the **chicken breast** into 2 cm strips. Slice the **carrot (unpeeled)** into 0.5 cm discs. Slice the **red capsicum** into 1 cm strips. Chop the **zucchini** into 1 cm chunks. Zest the **lime (use suggested amount)** to get a pinch, then slice into wedges. Peel and crush the **garlic**.



2 COOK THE UDON NOODLES

Add the **udon noodles (use suggested amount)** to the saucepan of boiling water and cook for **8-10 minutes**, or until tender. Drain and refresh under cold water. Set aside.



3 COOK THE CHICKEN

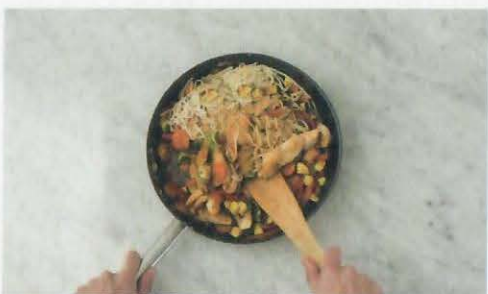
Heat a **drizzle of olive oil** in a large wok or frying pan over a high heat. Add the **chicken breast** and stir-fry for **4-5 minutes**, or until browned and cooked through.

TIP: The chicken is cooked when it is no longer pink inside. Remove from the pan and set aside.



4 MAKE THE SAUCE

In a small bowl, combine the **sweet chilli sauce (use suggested amount)**, **soy sauce** and a **dash of water** and mix well.



5 MAKE IT A STIR-FRY

Return the wok or pan to a high heat with a **drizzle of olive oil**. Add the **carrot, capsicum, zucchini** and **lime zest** and stir fry for **3-4 minutes**. Add the **garlic** and **sweet chilli sauce** to the pan and stir-fry for **1-2 minutes**, or until fragrant. Add the **chicken breast** and **udon noodles** and toss to coat. Remove from the heat and squeeze over the juice from **1/2 the lime wedges**. **TIP:** Add as much or as little lime juice as you like. Taste as you go!



6 SERVE UP

Divide the Thai sweet chilli chicken and udon noodle veggie stir-fry between bowls. Serve the remaining lime wedges on the side.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
chicken breast	1 packet	1 packet
carrot	1	2
red capsicum	1	2
zucchini	1	2
lime	½	1
garlic	1 clove	2 cloves
udon noodles	½ packet (135 g)	1 packet (270 g)
sweet chilli sauce	¾ tub (2 ½ tbs)	1 ½ tub (5 tbs)
soy sauce*	2 tbs	½ cup

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2300kJ (550Cal)	424kJ (101Cal)
Protein (g)	41.9g	7.7g
Fat, total (g)	9.8g	1.8g
- saturated (g)	2.6g	0.5g
Carbohydrate (g)	68.8g	12.6g
- sugars (g)	19.0g	3.5g
Sodium (g)	2610mg	479mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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